

# Your Summary of Health Priorities

Bring this sheet to your next appointment to start the conversation about your goals and preferences.

## Health Goals: What you want to be able to do

*From page 12*

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## Health Care Preferences and Tradeoffs

*From pages 13 and 16*

The one thing about my healthcare I most want to focus on is:

\_\_\_\_\_ so that I can do more of: \_\_\_\_\_ more often  
or more easily.

Things I'm willing and able to do for my health:

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Things I am unable to do/causes problems/not helpful:

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